

# Veggie muffins

These muffins are a great way to get kids (and yourself) to eat more vegetables.

**Preheat oven 176 C (350 F)**

**In a large bowl, combine:**

- 1 banana, mashed
- 1 medium apple or pear, grated
- 2 cups grated or finely chopped of any of the following: Carrots (purple, white, or orange carrots), beets, broccoli, zucchini, cauliflower, spinach, kale, or chard (change it up often: use two or more, each time you make this recipe)
- ½ cup fresh or canned pumpkin (398 mL), butternut squash, or other squash. If using canned, make sure the can says *pure pumpkin*; read the label. Avoid the sugar-rich “pumpkin filling.” You can freeze the rest of the can’s ingredients to use next time, or double the recipe
- 1 tsp pure vanilla extract
- 1 egg beaten

**In a smaller bowl:**

- 1/2 cup dates, grated or chopped into very small pieces. I use the “bricks” of dates found in a store’s baking aisles, as these are much easier to grate or chop. Heat the dates with a few tablespoons of water in your microwave for about one minute, or until they are soft enough to mash. Mash them into a paste then mix them into the bowl of ingredients listed above.

**In another large bowl, sift together:**

- 1 cup flour (Use your preference of flour, but spelt, wheat or kamut are lighter, allowing the muffins to rise, despite all the other ‘heavy’ ingredients)
- ½ cup quinoa flakes (or you can use quick-cooking oat flakes). You can also omit the quinoa or oat flakes and use an extra ½ cup of flour. This will allow the muffins to rise even more. I added the flakes to cut down on the flour: Flakes are a *little less* refined than flour.
- 1 tsp baking soda
- **Optional:** for a chocolate version, add 2 TB unsweetened cocoa powder

**Combine both bowls together (wet with dry ingredients).**

**Lightly grease a muffin pan** (or use paper cupcake liners), or use a nonstick muffin pan. Bake for 25-30 minutes at 176 C (350 F). Makes approximately 12 muffins. Cool, then refrigerate for up to five days or freeze for longer.

**NOTE:** There are lots of options listed in the recipe above. I always use different vegetables each time I make this recipe. It’s so important to include a wide variety of foods in your diet, to benefit from the many different nutrients our foods offer. Therefore, try to avoid eating the same foods at each meal every day – and that includes alternating the ingredients you use in these muffins!

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